



Oak Marr RECenter

Winter 2015 Water Aerobics Schedule

class registration information on the back

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:55 am Adv. Shallow Water Ex. Su Chen	8:00-8:55 am Adv. Shallow Water Ex. Jill	8:00-8:55 am Adv. Shallow Water Ex. Su Chen		8:00-8:55 am Adv. Shallow Water Ex. Gloria	8:00-8:55 am Water Exercise Diane or Vicky	4:00-4:55 pm Water Exercise Chris
8:05-9:00 am Adv. Deep Water Ex. Phil or Jay		8:05-9:00 am Adv. Deep Water Ex. Phil or Jay		8:05-9:00 am Adv. Deep Water Ex. Phil or Jay		5:00-5:55 pm Deep Water Ex. Chris
9:00-9:55 am Water Exercise Su Chen	9:00-9:55 am Water Exercise Jill	9:00-9:55 am Water Exercise Su Chen	9:00-9:55 am Water Exercise Lauretta	9:00-9:55 am Water Exercise Gloria		
9:05-10:00 am Deep Water Ex. Phil or Jay	9:00-9:55 am Deep Water Ex. Jay	9:05-10:00 am Deep Water Ex. Phil or Jay	9:00-9:55 am Deep Water Ex. Jay	9:05-10:00 am Deep Water Ex. Phil or Jay		
10:00-10:55 am Aqua Fit-N-Tone Millie	10:00-10:55 am Water Exercise Jill	10:00-10:55 am Aqua Fit-N-Tone Kristen	10:00-10:55 am Water Exercise Lauretta	10:00-10:55 am Aqua Fit-N-Tone Kristen		
11:00-11:55 am Arthritis Millie	11:00-11:55 am Arthritis Jill	11:00-11:55 am Arthritis Kristen	11:00-11:55 am Arthritis Lauretta	11:00-11:55 am Arthritis Kristen		
	12-12:55 pm Hydro Pilates Debbie					
	1 – 1:55 pm (T/W/Th) Swimming & Fitness TBA					
7:00-7:55 pm Water Exercise Vicky	6:00-6:55 pm Water Exercise Diane	7:00-7:55 pm Water Exercise Vicky	6:00-6:55 pm Water Exercise Diane			

CLASS DESCRIPTIONS

- **ADVANCED DEEP WATER EXERCISE:** Prerequisite: Students must be able to swim 25 yards continuously. An excellent full body workout that is more intense than the Deep Water Exercise class. This class is for the experienced deep water exerciser looking for a more challenging workout.
- **ADVANCED SHALLOW WATER EXERCISE:** Looking for a more challenging water aerobic workout? Or are your joints wearing out from land programs? Try this high-energy, cardio-intensive class that uses water resistance to give you maximum fitness benefit. This program is for the experienced water aerobics student who wants a more intense workout and for anyone who wants to cross-train or enhances overall fitness.
- **AQUA FIT-N-TONE:** This is a low-impact and low-intensity workout taught in shallow water. You will increase muscular endurance while you tone muscles and improve flexibility.
- **ARTHRITIS:** Shallow water exercises using water's buoyancy and resistance will help improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.
- **DEEP WATER EXERCISE:** Prerequisite: Students must be able to swim 25 yards continuously. Take the plunge for a no-impact workout! You'll



If accommodations and/or alternative formats are needed, please call (703)324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703)803-3354.

use a variety of deep water exercises and running techniques to get the maximum benefit from water's natural resistance.

- SHALLOW WATER EXERCISE: This excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength, and endurance.

WAYS TO PAY

Aqua Exercise Flex Pass – enjoy the flexibility to attend any water exercise class at any of our nine RECenters!

- Attend any coded water exercise class listed in the Water Exercise section of the Parktakes magazine or online
- Also includes use of the fitness room, pool, spa, locker rooms, sauna, and group exercise drop-in classes.
- Bring a friend; simply have an additional visit deducted from your pass when you check in. One visit deducted per person/per class.
- Valid four (4) months from the date of purchase.
- Sold at all RECenters or online at www.fairfaxcounty.gov/parks/passesonline.htm - in increments of 10, 20 or 30 visits.
- Pricing based on the same price per class fee that is used for coded classes. The senior discount and out of county fee will apply to the pass fee. However, the early registration discount and scholarships will not apply.

BUY MORE... SAVE MORE!!!

	10 VISITS		20 VISITS		30 VISITS	
	Base Rate	Discount Rate*	Base Rate	Discount Rate*	Base Rate	Discount Rate*
TEEN/ADULT (13 years +)	\$135	\$120	\$252	\$239	\$371	\$356
SENIOR** (age 65 & older)	\$135	\$78	\$252	\$155	\$371	\$230

**prices effective September 2014*

***will receive Senior rate if age is 65 years & older*

Daily Drop-in Fee (or pay as you go)

- Best for the customer with a busy schedule or wanting to sample a new program.

Register for the Class – Best option for those who only attend the same scheduled class or use a scholarship to register for the class.

- Coded water exercise classes are listed in Parktakes and online www.fairfaxcounty.gov/parks/parktakes.
- Registration guarantees a space in the class, but you may only attend the class registered for.
- Check in at the front desk up to 60 minutes prior to the start of the class.
- Missed classes due to illness or personal schedule conflict will not be able to be made up. See the refund policy for more information; available at any RECenter Front Desk or online.
- If the class is cancelled by the facility, site staff will attempt to contact registrants in advance.
- Early registration discount and scholarships will be honored for those meeting the criteria.

FAIRFAX COUNTY PARK AUTHORITY WINTER WEATHER POLICY

In weather-related emergencies, Park Authority programs, events, classes and events at park facilities and schools will be canceled based upon the closing decision of Fairfax County Public Schools.

When a weather emergency occurs on a holiday and/or when schools are closed, the County Office of Public Affairs will give information on Park Authority closings to the news media.

When schools are on winter break, spring break or on teacher workdays, FCPS may make a different announcement relating to closures that address employees working those days or facility openings. If no announcement is made by the schools, call the Park Authority RECenter weather hotline **703-324-8661** for information. **Unless the county closes all county facilities, RECenters will remain open for general use.** Call the RECenter directly for their adjusted open swim schedule.



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If you have questions, please contact Nicole Marko (Aquatics Director) at Nicole.Marko@fairfaxcounty.gov or Eric Nielsen (Aquatics Assistant) at Eric.Nielsen@fairfaxcounty.gov.

